

Cucumber Lime Cooler

Ingredients:

- 1 large cucumber, peeled, seeded, and chopped, chilled
- 1/2 cup fresh lime juice, chilled
- 3 tablespoons honey
- 6 large fresh mint leaves
- 10 ice cubes
- 2 lime wedges, for garnish

Equipment:

- Cutting board
- Knife
- Food processor/blender
- Wooden spoon
- Measuring spoons
- Measuring cups

Number of Servings: 2

Prep Time: 5 minutes

Total time: 10 minutes

Directions

1. Put the cucumber in a food processor or blender with the lime juice, honey, and mint.
2. Add ice cubes and process until smooth, adding a little water if needed to get the right consistency.
3. Pour into chilled glasses, garnish with the lime wedges, and serve immediately.



TIP: Wash all fruits and vegetables before using!

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Nutrition Facts

Serving Size: 1 cup

Servings: 2

Amount Per Serving

Calories **139** Calories from Fat 0

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 9mg 0%

Potassium 331mg 9%

Total Carbohydrate 38g 13%

Dietary Fiber 2g 7%

Protein 2g 3%

Vitamin A 9% Vitamin C 52%

Iron 5% Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet.

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